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# GROUNDING TECHNIQUE



5 Things you can see



4 Things you can feel



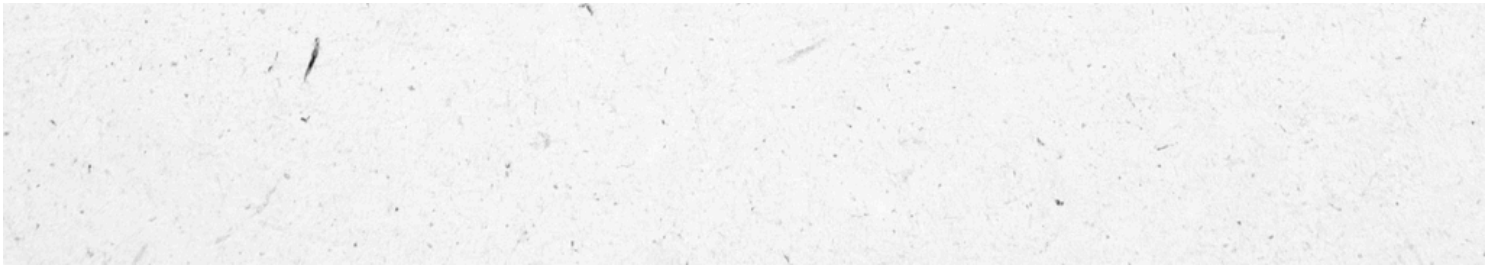
3 Things you can hear



2 Things you can smell



1 Things you can taste



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#)© | 12 July 2023 |

## Grounding with mindfulness practice can help ADHD/Neurodiversity folks to stay present, calm, and focused.

**People with ADHD/Neurodiversity often find it difficult to stay present, calm, and focused.** They may experience symptoms such as hyperactivity, impulsivity, and inattention. These symptoms can make it difficult to participate in everyday activities, such as school, work, and social interactions.

Grounding with mindfulness practice can be a helpful way for people with ADHD/Neurodiversity to overcome these challenges. Grounding is the practice of bringing one's attention to the present moment and to the physical body. Mindfulness is the practice of paying attention to the present moment without judgment.

There are many different grounding techniques that can be helpful for people with ADHD/Neurodiversity. Some examples include:

- **Body scan meditation:** This involves focusing on different parts of the body, from the head to the toes. As you scan your body, notice any sensations you feel, such as tension, warmth, or tingling.
- **Mindful breathing:** This involves focusing on your breath as you inhale and exhale. Notice the rise and fall of your chest, the cool air as it enters your nose, and the warm air as it leaves your mouth.
- **Mindful walking:** This involves walking slowly and mindfully, paying attention to your surroundings and your body sensations. Notice the

feeling of your feet on the ground, the sound of your footsteps, and the sights and smells of your environment.

- **Nature walks:** Spending time in nature can be a grounding experience for people with ADHD/Neurodiversity. Pay attention to the sights, sounds, and smells of your surroundings.
- **Progressive muscle relaxation:** This involves tensing and relaxing different muscle groups in your body. As you tense each muscle group, notice the tension. As you relax each muscle group, notice the release of tension.

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FREE Grounding Workbook  
<https://bit.ly/3Xv9p50>

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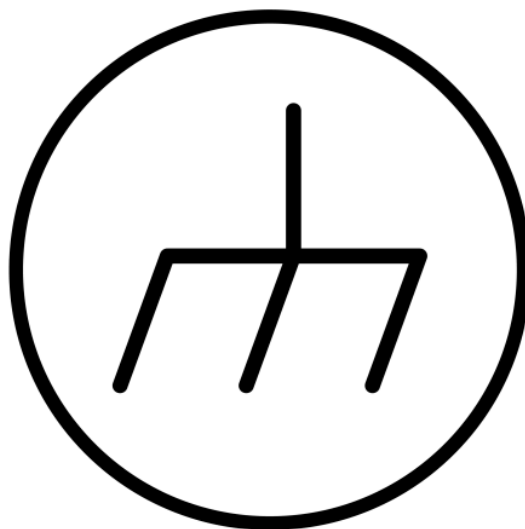
## Grounding with mindfulness practice can help people with ADHD/Neurodiversity to:

- **Stay present:** Grounding techniques can help people with ADHD/Neurodiversity to bring their attention to the present moment. This can be helpful for people who often find themselves thinking about the past or the future.
- **Calm down:** Grounding techniques can help people with ADHD/Neurodiversity to calm down when they are feeling overwhelmed or anxious.
- **Focus:** Grounding techniques can help people with ADHD/Neurodiversity to focus on tasks and to learn new information.
- **Reduce stress:** Grounding techniques can help people with ADHD/Neurodiversity to reduce stress and anxiety.
- **Improve sleep:** Grounding techniques can help people with ADHD/Neurodiversity to improve their sleep quality.

# If you are interested in trying grounding with mindfulness practice, here are a few tips:

- **Start slowly:** Don't try to do too much at once. Start with short grounding exercises and gradually increase the amount of time you spend practicing.
- **Find a quiet place:** Find a quiet place where you won't be interrupted.
- **Be kind to yourself:** If you find your mind wandering, don't beat yourself up. Just gently bring your attention back to the present moment.
- **Practice regularly:** The more you practice grounding with mindfulness, the easier it will become. Try to practice grounding exercises for at least 10 minutes a day.

Grounding with mindfulness practice can be a helpful tool for people with ADHD/Neurodiversity to overcome the challenges they face. If you are struggling with ADHD/Neurodiversity, grounding with mindfulness practice may be a helpful addition to your treatment plan.





# Pranayama

Breathwork in Yoga is called Pranayama. Pranayama is **an ancient breath technique that originates from yogic practices in India**. It involves controlling your breath in different styles and lengths. It has more recently gained popularity in the western world because of the many health benefits that come from a pranayama practice.

Pranayama and the practice of connecting with and strengthening your breath supports the healing process. Many wounds from trauma are buried deep, yet some are more recent and closer to the surface. By beginning where we are, focusing on the natural breath, how it feels, and exploring the embodied sensations that may be connected to memories, thoughts, and stresses that appear without deeper exploration, we can begin to feel the effects of mindful breathing and how the body reacts to specific stimulation. This awareness connects to understanding how relaxation, exertion, stressors, emotions, etc., feel in the body and impact the breath. This becomes the foundation of instructing what the mind-body connection is. When guiding breathing practices, we often offer cues to inhale through the nostrils and exhale through the mouth. This too, is invitational. To explore this further, we again offer the words of Josefin Wikstrom and James Fox: We typically recommend breathing through your nose when practicing yoga unless you are unable to do so because of injury or illness, or if doing so causes you stress. Breathing through the nose allows the hairs in the nostrils to filter out particles of dust and dirt that can be harmful to the lungs. When too many particles become trapped on the membranes of the nose, the body secretes mucus to expel them. Also, the mucous membranes of the septum that separate the two nostrils serve to warm the air for our lungs. Another important reason to breathe through the nose is to maintain the proper balance of oxygen and carbon dioxide in our blood. When breathing through the mouth, we normally inhale and exhale air quickly and in large volumes. Research has shown that releasing carbon dioxide too quickly can cause arteries and blood vessels to constrict, not allowing the oxygen in our blood to reach the cells in sufficient quantity. Lack

of sufficient oxygen going to the cells of the brain can trigger the sympathetic nervous system, accelerating the heart and triggering a “fight or flight” response, making us feel tense and irritable. When breathing through the nose we are more apt to slow the breath rate, inflate the entire lung, and engage the parasympathetic nervous system, slowing the heart rate, and calming the body and mind. It may take some time to feel comfortable focusing your awareness on your breathing. Take your time. If it feels stressful, focus your attention on the physical poses first and turn your awareness to your breathing when it feels right to you.

*from PYP 200hr CYT Teachers Training Manual <https://bit.ly/PYP-Training>*

As this passage indicates, many individuals have discomfort breathing exclusively through their nose. I have lifelong asthma, with sinus conditions. Breathing through my nose is not always capable by me. So use and vary how you do pranayama for yourself. You can email me, or find a local yoga teacher for more information.

Once we establish a base connected to our natural breath, we can then learn how to introduce different breathing techniques to our practice.



## Apana Vayu

The downward current of energy. Related to the exhalation; nourishes the pelvis, reproductive and eliminatory systems.



## Prana Vayu

The Upward current of energy. Related to the inhalation; nourishes the chest, cardio-respiratory and immune system.



## Samana Vayu

The horizontal current of energy. Expands on inhalation and softens on exhalation; nourishes the solar plexus and the digestive system.



## Udana Vayu

The uppermost current of energy. Rises on inhalation and circulates on exhalation; nourishes the neck, head, nervous and endocrine systems.



## Vyana Vayu

The all-pervading current of energy. Expands on exhalation and concentrates on inhalation; supports circulation to the extremities.

tiffanywoodyoga.com

**What is Prana Vayu** <https://youtu.be/iOd0MVzo9-Y>

## Prana - Explained Like Never Before !!



## 11 Basic Mudras You Need To Know And The Philosophy B...



<https://youtu.be/4qIKCi8ZVhg>

# How Progressive Muscle Relaxation Helps Those with ADHD

Progressive muscle relaxation (PMR) is a technique that involves tensing and relaxing different muscle groups in the body. As you tense each muscle group,



notice the tension. As you relax each muscle group, notice the release of tension.

PMR can be a helpful relaxation technique for people with ADHD for a few reasons. First, it can help people with ADHD to focus their attention on the present moment. When you are practicing PMR, you are forced to focus on the sensations in your body. This can be helpful for people with ADHD who often find themselves thinking about the past or the future.

Second, PMR can help people with ADHD to reduce stress and anxiety. Stress and anxiety can often make ADHD symptoms worse. PMR can help to reduce stress and anxiety, which can lead to improvements in focus, concentration, and impulse control.

Third, PMR can help people with ADHD to sleep better. Sleep deprivation can also make ADHD symptoms worse. PMR can help to improve sleep quality, which can lead to improvements in overall well-being.

## If you are interested in trying PMR, here are a few tips:

- **Find a quiet place where you won't be interrupted.**
- **Start by tensing and relaxing your feet for a few seconds.**
- **Gradually work your way up your body, tensing and relaxing each muscle group.**
- **Pay attention to the sensations in your body as you tense and relax each muscle group.**
- **If you find your mind wandering, gently bring your attention back to the sensations in your body.**
- **Practice PMR for at least 10 minutes a day.**

PMR is a safe and effective relaxation technique that can be helpful for people with ADHD. If you are struggling with ADHD, PMR may be a helpful addition to your treatment plan.

# Here are some additional research studies that support the use of PMR for people with ADHD:

- **A study published in the journal “Attention Deficit Hyperactivity Disorder” found that PMR was effective in reducing ADHD symptoms in children.**
- **Another study, published in the journal “Behavioural and Cognitive Psychotherapy”, found that PMR was effective in improving sleep quality in people with ADHD.**
- **A third study, published in the journal “The Journal of Clinical Psychology”, found that PMR was effective in reducing stress and anxiety in people with ADHD.**

These are just a few examples of the research that has been done on the use of PMR for people with ADHD. If you are interested in learning more about this topic, I recommend doing a literature search to find additional studies.

**It is important to note that PMR is not a cure for ADHD.** However, it can be a helpful complementary therapy that can be used to improve the symptoms of ADHD. If you are considering using PMR to treat ADHD, it is important to talk to your doctor first.

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## Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed.**
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.

- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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### Apana Vayu Energy Flow | 8 Minutes Practice



<https://youtu.be/pGrmQx27K7E>

## Prana Vayu Energy Flow | 8 Minutes Practice



<https://youtu.be/bsfPwUDzUgM>

## Samana Vayu Energy Flow | 10 Minutes Practice



<https://youtu.be/34tVOUlgdSE>

## Udana Vayu Energy Flow | 8 Minutes Practice



<https://youtu.be/b8m0WClG1EA>

## Vyana Vayu Energy Flow | 10 Minutes Practice



<https://youtu.be/6qRWF4pDLxc>



#NEURODIVERGENT

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## Research

**Here are 3 academic and scientific articles on ADHD persons and using Pranayama:**

- 1. The Effects of Pranayama on Attention Deficit Hyperactivity Disorder (ADHD) Symptoms in Children:** This study found that Pranayama was effective in reducing ADHD symptoms in children. The study participants



who practiced Pranayama showed significant improvement in their attention, concentration, and impulse control.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8760933/>

2. **Pranayama for Attention Deficit Hyperactivity Disorder (ADHD):** This review article discusses the potential benefits of Pranayama for ADHD. The article cites several studies that have shown that Pranayama can improve attention, focus, and impulse control in people with ADHD.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5237364/>

3. **Pranayama as a Complementary and Integrative Therapy for Attention Deficit Hyperactivity Disorder (ADHD):** This article reviews the evidence for the use of Pranayama as a complementary and integrative therapy for ADHD. The article concludes that Pranayama is a safe and effective intervention that can be used to improve the symptoms of ADHD.

<https://www.igi-global.com/gateway/chapter/259311>

These are just a few examples of academic and scientific articles that have been published on the use of Pranayama for ADHD. If you are interested in learning more about this topic, I recommend doing a literature search to find additional articles.

**It is important to note that Pranayama is not a cure for ADHD. However, it can be a helpful complementary therapy that can be used to improve the symptoms of ADHD.** If you are considering using Pranayama to treat ADHD, it is important to talk to your doctor first.

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## Resources

# BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers**  
**Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)**  
<https://www.intherooms.com/home/>
- **National Institute of Mental Health:**  
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **Attention Deficit Disorder Association:** <https://add.org/>
- **American Academy of Child and Adolescent Psychiatry:**  
<https://www.aacap.org/>
- **StopBullying.gov:** <https://www.stopbullying.gov/>
- **The National Bullying Prevention Center:**  
<https://www.pacer.org/bullying/>
- **The Trevor Project:** <https://www.thetrevorproject.org/>
- **The National Institute of Mental Health:**  
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **The National Autism Association:** <https://www.autismspeaks.org/>
- **The Learning Disabilities Association of America:**  
<https://ldaamerica.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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**Dharma Seeds Press bookstore:** <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

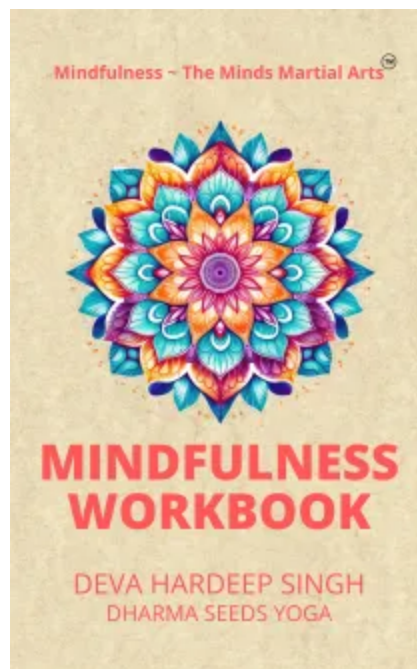
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## Dharma Seeds Yoga brochure

# Join our Engage Mindfulness™ *Minds Martial Artist™* program FREE



For more information on our Engage Mindfulness™ please email: [dharmaseedsyoga@gmail.com](mailto:dharmaseedsyoga@gmail.com)



## NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

## The Mind's Martial Arts™ Chapter 1



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### **[View sample pages](#)**

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

## Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner:

- **Mindfulness activities and exercises:** The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being.
- **Goal-setting:** The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- **Progress tracking:** The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- **Calming illustrations:** The planner includes calming illustrations that can help you to relax and to focus.
- **Soothing color scheme:** The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

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Mar 2023 at families 100+year Indigenous homestead.

**Deva Hardeep Singh** (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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